

Naval Reserve Center, Quincy

QUINCY NEWSLETTER

DECEMBER 2001

<http://www.nrcquincy.navy.mil>

The Plan of the Month contains both official and unofficial information. All hands are charged with the knowledge of its contents.

CO's CALL

Holiday message: I would like to take this time to wish everyone a happy holiday season. It has been another busy year, especially the last few months. My relief, LCDR George Whitbred, will be onboard 2 January. The change of command will be on Saturday 5 January at 10:00. It has been a great tour for me here in Quincy. I want to thank everyone for the tremendous support you have provided and the many friends I have made.

Safe holiday season: As always the holiday period is one of the most dangerous for all the military services. If you are traveling, as many will be, you need to take extra care that you and your family arrive safely. We want everyone to return safely on January 5.

CDR Wiseman

XO's BLARNEY

Over the past weeks, I have seen dozens of service members pass through our doors; those preparing themselves for duty and those anxiously awaiting their call. Your commitment to readiness and willingness to serve is inspiring. While none of us can accurately predict the events to come, there is a strong consensus that the duration of this conflict will be long. Many more will be called to duty.

In the weeks to come, the next calls may possibly interrupt a great many plans: Plans for travel and reunions, and for holiday parties and family communion. I want to thank you in advance for your sacrifices, there are none too small. Be safe, enjoy your holiday and know the nation is grateful for your service.

LT Sumrall

COMMAND CHIEF's CORNER

It has been two months since I requested volunteers for an Ombudsman to represent each unit. So far we have 4 of 19 units with volunteer Ombudsman they are Mrs. Sepeck from SSB2 Maint., Mr. Smith from SSB2 HQ, Mr O'Shea from NNMC Bethesda and Mrs. Fuller from ICEDEF. This requirement is not going to be forgotten we need to get the program operating.

I attended the video teleconference that Petty Officer Bragg helped set up and have a video tape of it. I will make copies of the tape and share it with each ombudsman that comes aboard. It is so important to provide this program in support of the families of those who have been mobilized and those who eventually will be mobilized. I have included envelopes of Ombudsman information to each units monthly package last month please make sure the unit Ombudsman

gets them.

Here are a few pointers you can share with potential volunteers. The main purpose of the Ombudsman is to have a non military person available to assist a spouse or family member in need by providing information. The ombudsman works for the CO of the unit and does not work through a chain of command or work for any other person. The Ombudsman is not a social organizer and does not provide counseling or get involved with the details of problem solving. His or her purpose is to guide people in need to those who can help through phone numbers or E-Mail addresses or family services. They will have access numbers to the Red Cross, Navy/Marine Corps Relief Society and other important offices.

We need to get this done soon so please get the word out and communicate with your unit and the spouses. If you have any questions or need help E-Mail me or call me.

PRCS (AW) Weil

THE BULLETIN BOARD:

“ON THE HORIZON”

DRILL SCHEDULE:

<u>DRILL SCHEDULE</u>	<u>DATE</u>	<u>DRILL SCHEDULE</u>	<u>DATE</u>
4TH MARDIV 1/25	1/2 DEC	NDCL NWPT 401	1/2 DEC
BATTLEGRU STAFF	1/2 DEC	NH BETH 706	1/2 DEC
COMICEDEF	1/2 DEC	NMCB 27 DET 1627	1/2 DEC
COMSCEUR 101	1/2 DEC	NSY PORTS NH 201	1/2 DEC-FLEX
COMSUBGRU 2	1/2 DEC	ONR TECH 201	1/2 DEC-FLEX
DCMD BOS 101	1/2 DEC-FLEX	SPAWAR HQ 101	1/2 DEC
MSCO SO PG 101	1/2 DEC	SPAWAR HQ 201	1/2 DEC-FLEX
NAVINFO 101	1/2 DEC	SSB 2 HQ CO	1/2 DEC
NCAPS LANT A	1/2 DEC	SSB 2 MAINT CO F	1/2 DEC

AWARDS BOARD: <http://www.nrcquincy.navy.mil/awards.html>.

The Awards Board will meet on 01 DECEMBER at 1000 in the Conference Room. Submit awards in the MS Word format any time prior to the board convening. Units submitting an award should have a unit representative at the board meeting to present the award(s). Please visit our Homepage for information about awards and the MS Word format.

DEPARTMENTAL ANNOUNCEMENTS

“MEDICAL”

HMC (AW) Viola

MOBILIZATION: HIV's are required to be within 6 months.

-If on medication (with waiver) you are going to need at least a 90 day supply.

- A reminder, If you wear glasses, ensure you have a recent prescription and one extra pair to take with you.
- If approved hearing aid, ensure you have extra hearing aid and batteries
- Visit the web site www.ucci.com to check the forms needed to be filled out for enrollment in Tricare and Concordia at the appropriate time (upon mob)

DENTAL EXAMS:

There is no waiver for Dental TNPQ's (class III/IV) to go on AT, ADT, IDTT, etc. at this time. However, Dental Class IV's can be mobilized. A dental exam will be performed at the Mob site.

PHYSICAL EXAMS:

All members listed on attachment (2) of this POM must show up for their full physical exam.. If you are overdue for a physical exam and you do not show up on the drill w/e you're scheduled, you will be placed TNPQ immediately.

MEDICAL READINESS REPORTS:

MRR's do not reflect new members or new transfers whose health/dental records have not been received. These reports will show blanks or X's for discrepancies that can not be corrected until records are received, or required items are completed.

“TRAINING”

DCC (SW) Ahart

IN RATE TRAINING:

REDCOM Northeast is launching a new In Rate Training objective. We are working on a few types of new in rate training platforms. We are primarily going to focus on two main types of presentations. Starting with the BMR we are going to make power-point presentations for all 27 assignments for distribution to all Reserve centers throughout RCNE. We have also developed a Jeopardy type game that is interactive and will be placed on NRC Quincy's web page for all to use. We plan to expand this to include all of the Military requirement courses and eventually all ratings in the Naval reserve. We are seeking out members who possess power-point, Dream Weaver and Front Page skills to help us get this program moving. If you are interested in making a difference and getting involved please contact DCC(SW) Ahart.

ANNUAL TRAINING:

Some additional Annual Training days have been made available for members to provide support to their gaining command. The additional “AT” days are to be used in conjunction with the member's regular “AT” and may not exceed 30 days in length. If you need additional information please contact the Training Department.

If you're looking for AT information, check out the following web-sites. There are numerous

AT/ADT/ADSW opportunities to choose from.

<http://www.navres.navy.mil/navresfor/data/pages/adsw.html>

<http://www.navres.navy.mil/navresfor/navsurf/n3/n3.html>

“ADMINISTRATION”

YNC Martin

FITREPs & EVALs (AUG):

EVALS

NONE

FITREPS

W1/2

MIDTERM-COUNSELING

E4

****In July PN3 Cogley asked for each unit’s POC regarding Eval/Fitreps. To date she only received a response from 6 of the 19 units. These units were Bethesda, Spawar 101, Icedef, ONR, SOPG and Comsubgru 2. Remember when you respond to include email addresses and telephone numbers where the person can be reached.**

TIR Requirements for February advancement exams:

<u>PAYGRADE</u>	<u>TIR SERVICE RQMNTS</u>	<u>TERMINAL ELIG DATE</u>
<u>(TED)</u>		
E-3 TO E-4	6 Months	01JUL2002
E-4 TO E-5	12 Months	01JUL2002
E-5 TO E-6	36 Months	01JUL2002
E-6 TO E-7	36 Months	01JAN2003

NOTE: Members must have the minimum TIR service requirements by the TED in order to take an advancement exam. One exception, per

<http://www.bupers.navy.mil/navadmin/nav00/nav00221.txt>, Commanding Officers may waive up to one year of the required TIR for sailors in pay grades E-5 and E-6, who received a promotion recommendation of “Early Promote” on their most recent periodic evaluation in that pay grade. The Unit CO must send a letter authorizing this waiver.

“SUPPLY/PRT”

AKC (AW) SINGLETEARY

BILLETING:

Just a reminder all berthing requests must be in 30 days prior to drill dates IAW CNRF P4000. This will be strictly adhered to. Any questions, contact SK2 Dickerson.

PRT:

Make-ups are 01 and 02 December 2001 (**LAST MAKE UP NO EXCEPTIONS**). All members should have completed Risk Factor Assessments (RFA), body fat measurements and should have

seen a medical representative if you've answered "yes" to any part of the RFA.
Swimming: contact me for time. If you're participating at NRC QUINCY start time will be exactly at 0830 on both days (Run only).

"CAREER COUNSELOR CORNER"

CORRECTION - CAREER COUNSELOR QUARTERLY MEETING: Jan 6th is the date for this meeting. All CCC's must attend. Unit CC's can submit requests for specific training to DCC(SW) Ahart or PN1 Fitzpatrick.

THRIFT SAVINGS PLAN:

All Unit Career Counselors have a Thrift Savings Plan power point presentation. The deadline for electing TSP is **8 December 2001**. TSP link: www.tsp.gov. If you've decided not to participate during this enrollment period, don't worry, TSP has two open enrollment periods every year 15May-31July and 15November-31January. TSP is a mandatory GMT topic for FY02.

TAR RECALL INFO:

The following are open ratings for personnel requesting recall into the TAR Program. All you have to do is complete the courses for the rating and have less than 15 years of service and is able to do 20 years of active duty prior to your 55th birthday. Here are the ratings that they are looking for:

RATES

AC E-6 and below
AE E-4 and below
AM E-4 and below
AME E-4 and below
AO E-4 and below
AS E-5 only
AT E-4 and below
AW E-4 and below
BM E-5 and below
DK E-5 and below

EM E-4 and below
ET E-5 and below
HT E-4 and below
IC E-5 and below
MR E-4 and below
PN E-4 only
DR E-4 and below
AZ E-4 and below
DC E-5 and below

NECS

8220 E-5and below
8226 E-5and below
8245 E-5and below
8251 E-5and below
8252 E-5and below

RETIREMENTS:

Requests for retirement should be made 6 to 12 months before desired date. For additional information please contact PN3 Cogley.

Check out your ESR/PSR online. Click the following link and follow directions.

Advancement results are out. All profile sheets have been distributed to the unit Commanding Officers and Career Counselors. Navy Learning.Com has accredited courses online.

<http://www.navylearning.com/>

Get your SMART transcript online at the Navy College web site. www.navycollege.navy.mil

HIGH YEAR TENURE:

Members who are reaching HYT next fiscal year and desire to submit a HYT Waiver request must contact PN1 Fitzpatrick for further details.

RECRUITING NEWS: The age requirement for all non-prior service accessions has been dropped to age 21. The Naval Reserve Referral NAM program is still in effect. For every four successful accessions you may receive a Naval & Marine Corps Achievement Medal. For further information contact AZ2 Phillips at 617-753-4645.

THINGS TO NOTE:

Non US Citizens: When and if you become a naturalized citizen you need to bring a copy of your naturalization certificate to the Administration Department. This will be entered into your service record.

Dependency Status: When a member either gets married or has a child, the member needs to update both their page two and DEERS record by bringing a copy of the marriage or birth certificate. By updating the page two, members are ensuring they get paid BAH with dependents while on Active Duty. The DEERS system ensures your family receives life insurance by the new SGLI Family coverage. If your dependents are not in the DEERS system, your dependents will not be covered by SGLI.

“SCUTTLEBUTT”**“SAFETY”****Safety Tips for the Holiday Season**

Each year, about 1,300 people are treated in hospital emergency rooms for injuries related to holiday lights and trimmings. In addition, Christmas trees are involved in about 500 fires annually, resulting in an average of \$20 million in property loss and damage each year.

Trees:

- When purchasing an artificial tree, look for the label "Fire Resistant." Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.
- When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when bounced on the ground, the tree should not lose many needles.

- When setting up a tree at home, place it away from fireplaces and radiators. Because heated rooms dry live trees out rapidly, be sure to keep the stand filled with water. Place the tree out of the way of traffic and do not block doorways.

Lights:

- Indoors or outside, use only lights that have been tested for safety by a recognized testing laboratory.
- Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and discard damaged sets.
- Use no more than three standard-size sets of lights per single extension cord.
- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.
- Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use only insulated staples to hold strings in place, not nails or tacks. Or, run strings of lights through hooks (available at hardware stores).
- Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.

Decorations:

- Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals. Leaded materials are hazardous if ingested by children.
- Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.
- In homes with small children, take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food that may tempt a child to eat them.
- Wear gloves to avoid eye and skin irritation while decorating with spun glass "angel hair." Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.

Fireplaces:

- Use care with "fire salts," which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children.

Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.

NAUTICAL KNOWLEDGE:

Mayday

The distress call for voice radio, for vessels and people in serious trouble at sea. The term was made official by an international telecommunications conference in 1948, and is an anglicizing of the French "m'aidez," (help me).

/S/

CHARLES D. WISEMAN

CDR USNR

Naval Reserve Center, Quincy
Attachment (1)

NAVAL RESERVE CENTER
DIRECTORY

Name	Rank/Name (Phone Extension)	e-mail address
Commanding Officer	CDR C. D. WISEMAN (20)	Wiseman@cnrf.nola.navy.mil
Executive Officer / Security Officer	LT M. A. SUMRALL (21)	Sumrall@cnrf.nola.navy.mil
Command Career Counselor/ Command Chief	DCC(SW) N. AHART (12)	Ahart@cnrf.nola.navy.mil
Supply Department Head / PRT Coordinator	AKC N. SINGLETEARY (40)	Singlete@cnrf.nola.navy.mil
Assistant Command Career Counselor	PN1 C. FITZPATRICK (29)	Fitzpatr@cnrf.nola.navy.mil
Administration Officer	YNC K. MARTIN (35)	martinke@cnrf.nola.navy.mil
Medical Department Head / DAPA	HMC(AW) E. VIOLA (42)	Viola@cnrf.nola.navy.mil
Command Ombudsman	KATHLEEN BODRERO	Kathleenbodrero@aol.com
SELRES Ombudsman	VACANT	

CDO: CELL PHONE: (617) 504-3024; BEEPER: (781) 845-3302
ACDO BEEPER: (781) 845-1934
FRAUD WASTE AND ABUSE HOTLINE: (504)948-1468
REDCOM ONE FRAUD WASTE AND ABUSE HOTLINE: (401)841-4393
NAVY ESPIONAGE HOTLINE: 1 (800) 543-6289
SEXUAL HARASSMENT GRIEVENCE/REDRESS COUNSELOR; HMC VIOLA - 617-753-4600 ext. 42

CUSTOMER SERVICE HOURS:

NRC Quincy Full Time Staff Customer Service Hours are as follows:

Drill Weekend: 0830-1130

1230-1600

Monday (after Drill Weekend) ACDO Phone Watch. Building is closed for Walk-in Customer Service.

Monday – Friday: 0730-1130

1230-1600

Naval Reserve Center, Quincy
Attachment (2)

Medical Physical Exams

- If you had your physical complete and your name is on this list, it means we do not have documentation of the physical.
- If your name is in bold, your physical is overdue, and you must complete before commencing any orders.
- If your name is in italic we have no physical date on file.

Please note there will be no medical staff available in Newport during the December drill weekend. All physicals due in December were added to the November schedule. If there is a problem please contact the center ASAP.

The following individuals must report for Full Physical Exams on the Sat. of the **January** drill weekend:

Austin, Cheryl (Record not here)
Capella, Jack (lost record-needs to start new one)
Fuller, Thomas (CDR)
Garry, John (Record not here)
Grilli, Frederick (Record not here)
Guzman, Jaun
Hollenbeck, Wayne
McNamara, John (Record not here)
Peterson, Kevin (Record not here)
Picard, Mary
Scarpino, Francesco
Slevin, David (Record not here)
Smith, Barbara
Whitaker, Stephen (Record not here)
Williams, Avery (Record not here)

The following individuals must report for Full Physical Exams on the Sat. of the **February** drill weekend:

Cruse, David
Loring, George (Call ASAP)
Mcananey, Edward
Phaneuf, Robert (No record to check)

Rovendro,Diane
Saluto, David

The following individuals must report for Full Physical Exams on the Sat. of the **March** drill weekend:

Dunivan, Kevin
Kennedy, John
Lockhart, Donald
Staats, Eric
Stoebejanacek, Elfriede